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lifelong and understand lists to help readers modify their habituated thinking patterns.

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the things we want in life. Dr. Dyer addressed the top 18 excuses that people make for why they don't do a myriad of things - excuses like, "It will take too long", "I don't have enough money/can't afford it", "My family won't ...

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Excuses Begone!: How to Change Lifelong, Self-Defeating Thinking Habits  
Audible Audiobook – Unabridged Wayne W. Dyer (Author, Narrator), Hay House (Publisher)

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Within the pages of this transformational book, Dr. Wayne W. Dyer reveals how to change the self-defeating thinking patterns that have prevented you from living at the highest levels of success, happiness, and health. Even though you may know what to think, actually changing those thinking habits that have been with you since

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Excuses Begone Starts With Cognition

When you want that your excuses begone  
then you have to recognize what they are.  
You have to identify what pattern you

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lifelong when it comes to make a decision to change something and you don't do it. Most people follow all the time the same pattern in their life.

Excuses Begone - Why Do You Sabotage Yourself.

Part 3 – The Excuses Begone! Paradigm

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Shift. The final part of the three-part book Excuses Begone! was the Paradigm Shift! The third part of the book provided a way to change old thinking habits. The excuse I focused on when I was reading the book was – “I am not smart enough”.

Excuses, Excuses, Excuses... Be Gone!

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In *Excuses Begone!* Dr. Wayne W. Dyer reveals how to change lifelong, self-defeating thinking patterns that prevent you from living at the highest levels of success, happiness, and health. You may know what to think but find it terribly difficult to change thinking habits that have been with you since childhood.

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